

## How to Keep Me Safe:

- Keep medicines, cleansers and disinfectants out of my reach.
- Make sure my babysitter knows safety tips and emergency phone numbers.
- I can turn on the water, so adjust the temperature to 120° or lower so I will not burn myself.
- Be aware of anything I could crawl in and out of. Ice chests, unused refrigerators need to have their doors removed or be securely locked.
- Make sure I always ride in a safe car seat.
- Never leave me alone in the bath.
- Teach me about safety rules for traffic on streets and driveways, but watch me closely. I may not always remember the rules.

This information lists activities and normal signs of growth and development that most children will be able to do during this time period. If you have questions about your child's performance or growth and development, contact your health care provider or local health department.

It is important that children have regular health checks at the ages of 2 weeks, 2 months, 4 months, 6 months, 9 months, 12 months, 15 months, 18 months, 2 years, 3 years, 4 years, 5 years, 6 years, 8 years, 10 years, 12 years, 14 years, 16 years, 18 years, 20 years. For information on medical coverage, contact your local community service office. If you have medical coupons, ask your doctor or health care provider for a "Healthy Kids" or EPSDT screening.

## How I Grow



24  
to 36  
Months

## How I Develop:

- I run, jump, dance and kick a ball, but I still might fall down.
- I can build towers, string beads, and make marks on a page.
- I have begun to use one hand more than the other.
- I can speak in two and three word sentences.
- I can sing songs.
- I can feed myself with a spoon without much spilling.
- I can hold a cup in one hand.
- I like to laugh, giggle and squeal.

## How I Act:

- I may have some special toys that make me feel safe.
- I know myself in a mirror.
- I can play well alone or near other children.
- I imitate the things I see you do.
- I have a strong sense of what is “mine.”
- I am very stubborn in my behavior because I am trying to be independent.

## How You Can Help Me Learn:

- Give me chances to play with other children. I may have trouble sharing or taking turns.
- Give me “props” or toys for make-believe play like large cardboard boxes, empty purses and hats.
- Show me how to take things apart and put them back together.
- Give me simple instructions or tasks and praise me for my accomplishments.
- Make sure the rules you make for me are the same day to day, if they change, I get confused.
- Teach me nursery rhymes and songs with finger and facial movements.
- Read to me. I like stories that repeat words and stories about myself.
- Answer my questions and tell me more.
- Limit my television. Let me develop my own imagination.
- Give me choices, such as, “Do you want to wear this or that?”
- I need you to be patient with me even when I am fussy and demanding.



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**Sincerely,**

**Health Education Resource Exchange Web Team**